



TOOWOOMBA HOSPITAL FOUNDATION
Community Wellness
Calendar
 AUGUST - DECEMBER 2019

WHEN	ACTIVITY	FACILITATOR	COST
6 Aug	Heartfulness Meditation	Pure Land - Dr Uma	Free
13 Aug	Incapacity in Families: What are your legal options?	Murdoch Lawyers	Free
20 Aug	Balanced Meals and Cooking for One	Dietician Darling Downs Health	Free
3 Sep	Heartfulness Meditation	Pure Land - Dr Uma	Free
10 Sep	Living Options in your Senior Years: Retirement Villages, Aged Care and Manufactured Homes	Murdoch Lawyers	Free
17 Sep	Interesting Anecdotes about Toowoomba	Don Talbot Former Writer and Journalist	Free
24 Sep	Flower Making for Carnival of Flowers	THF	Free

Location: Toowoomba Hospital Foundation
Time: 10am - 11am with morning tea provided
RSVP: 4616 6166 or Stacey@toowoombahospitalfoundation.org.au

Burstows Seniors Celebration

Join us to honour senior members in our community.

10:30am, Monday 19th August 2019
TS Burstow Chapel, 1020 Ruthven St

Complimentary Morning Tea • Guest Speakers
 Local Musicians • Photo Presentation

RSVP:
Phone 4636 9600
by Friday 9th August



BURSTOWS
 Since 1900

BET00043

Weekly Meetings for Members

TOMNET ON WEDNESDAYS

Wednesdays at
Gold Park,
341 Hume St
1.00 p.m. until 3.00 p.m.

Light Afternoon Tea provided.

ALL WELCOME
Gold Park from 1 p.m.

Thursday - Chew the Fat

Thursdays at the
TOMNET Centre,
223 Hume St
9 a.m. to 11.30 a.m.

Light Morning Tea provided.

ALL WELCOME
TOMNET Centre from 9 a.m.

Chess players

Come along and meet
other keen chess players
for a game.
Wednesday from 9 a.m.

Cards anyone ?

Monday 9 a.m. to noon -
"500" card game
Wednesday 9 a.m. to noon
- playing Euchre and "500"

RETIRED FARMERS

at the TOMNET CENTRE

JOIN

**OTHER RETIRED FARMERS FOR COFFEE
AND A CHAT EVERY TUESDAY AT 10 A.M.**

TOMNET Centre Opening Hours

Monday to Thursday

8.30 a.m. - 4.00 p.m.

phone: (07) 4638 9080 | email: admin@tomnet.org.au

Have you checked out our online Events calendar? Our Events Calendar lists activities, meetings, and Volunteering opportunities that occur on a regular basis. Access the calendar here: www.tomnet.org.au/events

The Heights Community Centre

Mini Fest

Come along and enjoy a day of sharing information, food and friendship.

Date: 15th August 2019

Time: 10am- 2pm

Where: 16 Wine Drive
Wilson Heights

Exhibitors: Wick Gardens
Energy Savvy
QCOSS
Mulberry Project
Qld Health

Bring your electricity bill to speak with Ergon Energy.

For further information please contact East Creek Community Centre on (07) 46347672

TOMNET is cooking a barbecue at the event, plus other food stalls will be available.

Offended by what people say ?

There will always be people who will try to bring you down or make you feel bad about yourself. But what you need to understand is that it is your choice whether to react to their criticism or to just let it pass by you.

If someone tries to hurt you verbally, it is highly possible that they are suffering deep down in their heart. Think about it, if a person is confident, mentally strong, does what they love and is happy with their life, would they ever think about dragging someone down?

No, they won't because strong people uplift others, they will always try to help a person rather than make one feel miserable.

So next time someone tries to insult you, don't take it personally. But if you are really influenced by the critic's words, talk it over with a close friend or a relative, let it all out and most importantly, forgive yourself for allowing that person to make you feel bad about yourself.

<http://unisoultheory.com>

Know your Management Committee

President Stan Carroll	Vice President Alan Yorkston	Treasurer Alan Jones
Secretary Greg Sellars	John Miners	Rob Burey
Darryl Brunton	Greg Jones	Jim Aulbury

The Mgt. Committee meets on the 3rd Wednesday of each month.

Loneliness increases your risk of ...

Australia is facing an epidemic of loneliness according to research conducted by Relationships Australia. Men in particular bear the brunt of the effect of loneliness. When we experience loss of health, loss of mobility, or loss of finances, we can find it difficult to leave the house and engage with other people.

Studies have shown that socially isolated or lonely men had a **90% increased risk of cardiovascular death**, increased risk of depression and anxiety, and can increase the onset of illnesses such as heart disease, diabetes, and strokes. Loneliness also increases a person's chances of developing clinical depression by 64%.

TOMNET offers a new program for all men that explores the challenges of retirement and growing older. We discuss ways to **get involved** with activities that benefit both you, and the community. **We talk about retirement differently.** Our program is a great way to help you develop resilience against the effects of loneliness, create a plan to positively age, and manage the ups and downs of retirement.

The program includes up to twelve face to face or telephone sessions. We provide you with **practical tools** and **materials** to plan a **positive and meaningful retirement**, help **manage anxiety and depression**, and to help **link you** with community and health services.

Topics we discuss include:

1. **Retirement** – your experience or expectations, and practical ways to help make your retirement phase a positive experience.

2. **Anxiety and Depression** – with **9 out of 10 men** experiencing these issues, we talk about how you identify the symptoms, and offer some coping strategies other men use to manage it.

3. **Linking to other support services** – helping you identify and access support that might be available in your community.

It is commonly accepted that men have more difficulty connecting with one another, however, men who have higher levels of social support are more likely to form friendships in a wide variety of ways. **Common interests or purpose** is one way for men to develop friendships, and find meaning in retirement. Our program explores ways to **connect with other men** in meaningful ways, e.g. Mentoring, Barbecue Team.

Invest a few hours to think about retirement in a different way, connect to fellow men in the community, and live your retirement to the full. All sessions are **free, confidential**, and **tailored** to your needs.

Contact Trevor or Anthony at TOMNET to discuss the program in-depth. Ph: 46389080

Disclaimer

The purpose of this program is to provide general information about retirement impacts and anxiety, and is not in any way intended to replace specialist GP advice related to any physical, emotional and or psychological issues experienced as a result of anxiety, depression, and loss.

(Sources: relationships.org.au, abc.net.au, swinburne.edu.au)



TOMNET ID - C10157846

The Older Mens Network is registered with the **Containers for Change Scheme**. By collecting eligible containers and returning them to a container refund point, you can nominate TOMNET to receive **10 cents per container**. **Contact Anthony (4638 9080) to find out how.**

improving how you feel

People often believe that the feelings and emotions they experience are caused by external events, situations, and the behaviour of others. For example, we might hear ourselves say, “My partner made me so angry,” “My boss made me so nervous,” “This trip down south made me feel so relaxed,” or “I’m depressed because I didn’t get the job I wanted.” What is the assumption underlying these statements? That someone or something other than ourselves was directly determining the feelings we experienced. However, if we stop to analyse the process that links an external situation to our emotional responses, we will find that there is a step in between.

What Influences My Feelings?

What really makes us feel and respond the way we do, is not the situation or the words and actions of another person, but how we perceive that situation or that person’s actions. It is our thoughts and beliefs about an event that significantly influences our feelings and actions.



Here’s an example. Suppose you went to a party and your host introduces you to Mike. As you talk to him, you notice that he does not look directly at you but often looks around the room. How would you feel if you thought, “Boy, this guy is so rude! He won’t even look at me while I’m talking with him! How nasty!” What if you thought, “Mike must think that I’m really unattractive and uninteresting. I must be a really boring person. Nobody wants to talk to me!” What about if you were to think, “Mike’s probably waiting for a friend to come. Maybe he’s getting a bit anxious.” You probably realised that you felt three different emotions as a result of those three different thoughts. Often, we are not aware of our thoughts and beliefs because they are so automatic and happen quickly. But they are there, and they affect the way we feel.

Why do I feel distressed?

We’ve talked about the way our thoughts affect how we feel. If we are feeling happy and excited, chances are we have been thinking positive thoughts and about positive things. On the other hand, if we are feeling anxious, depressed, and upset, it is very likely that we have been thinking negative thoughts. We call these unhelpful thoughts (simply because they lead to unpleasant feelings or unhelpful actions!). All of us, at times, think things that make us feel sad or anxious, and that is a normal part of life. However, if you often feel distressed or upset, you might need to examine your thinking in order to improve how you feel.

Feelings are not Thoughts

When we first try to distinguish thoughts from feelings, it can be easy to confuse them. We might be used to talking about thoughts and feelings as being part of the same experience, but it is more helpful to separate them and

remember that feelings are not thoughts. For example, you might hear a person saying “I *think* I’m anxious,” but they’re probably *thinking* “Everyone will laugh at me,” and *feel* anxious. More commonly, you might hear someone saying something like “I *feel* that my boyfriend doesn’t appreciate the gift I bought for him,” when they are actually *thinking* “My boyfriend doesn’t appreciate the gift I bought for him,” and *feel* hurt.

Unhelpful Thinking Styles

What sorts of thoughts are unhelpful? Unhelpful thoughts are those that tend to focus on the negative aspects of a situation, or those that overestimate the chances of a negative event occurring, or those that place unrealistic demands on yourself or others. These are also often known as unhelpful thinking styles because they are patterns of thinking that have become a habit and contribute to a person feeling unhelpful negative feelings.

What Can I Do?

Plenty! There are lots of things you can do to help yourself feel better, and this next suggestion has been proven to be pretty effective. If unhelpful thoughts lead to distressing emotions, then it might be quite reasonable to say that the most effective thing to do would be to change those unhelpful thoughts to helpful ones! Yeah? Okay, so, how can you do that?

First, identify how or what you are feeling. Then, ask yourself “What am I thinking? What conclusions am I making?” to see how and why you are feeling distressed. Remember, unhelpful thoughts will lead to you feeling upsetting emotions.

The next step is to challenge your thinking by exploring other possible explanations and looking at a situation from different points of view. You might ask yourself, “What other ways are there of viewing this situation? How might someone else view this situation? What other explanations could there be?”



The final step is to ask yourself, “How can I revise my original thoughts to take into account these other possible viewpoints?” Then, think of an alternative explanation. This becomes your new, balanced, and helpful thought. A balanced and helpful thought or belief is one that takes into consideration alternative viewpoints and helps you feel better. Replace your original, unhelpful thought with this new, balanced, and helpful belief. Once you have done this, you will probably find that you feel better and your mood will be improved.

Brain Health (cont.) - Step One: Heart Health

Step One:

Many people are unaware of the connection between heart health and brain health which is why we like to say, 'what's good for your heart is good for your brain'. The risk of developing dementia appears to increase as a result of conditions that affect the heart or blood vessels, particularly when these occur at mid-life.

They include:

- [High blood pressure](#)
- [High cholesterol](#)
- [Type 2 diabetes](#)
- [Obesity](#)

Research indicates that having diabetes, high cholesterol or high blood pressure, and not treating them effectively, can damage the blood vessels in the brain, affecting brain function and thinking skills. Obesity is associated with increased risk for dementia, and other conditions such as high blood pressure, diabetes and vascular disease.

Untreated high blood pressure, specifically in mid-life has been associated with an increased risk of Alzheimer's disease. Promisingly, treatment of mid-life high blood pressure has been found to reduce dementia risk.

High blood pressure in old age is not seen to increase the risk of Alzheimer's disease but is undesirable at any age.

Treatment of high blood pressure, high cholesterol, diabetes and obesity is necessary for good heart health and is likely also to protect brain health. They are all conditions that are easily identified and treatable.

It's important to have regular health checks and follow the advice of your health professional.

Smoking increases the risk of heart disease, stroke, cancer and other diseases. Studies have shown that current smokers have a greater chance of developing dementia than people who don't smoke. There is no safe level of smoking.

If you do smoke, seek medical advice on ways to help you quit, especially as it appears the increased risk reduces once you do. The National Heart Foundation of Australia says there is clear evidence of a rapid decrease of cardiovascular risk following cessation of smoking and that quitting smoking can rapidly reduce the risk of heart disease and stroke (The National Heart Foundation, Policy Paper: Tobacco and cardiovascular disease, 2007).

Step One - Heart Health

Step Two - Be physically active (next month)

Step three - Mentally challenge your brain

Step Four - Follow a healthy diet

Step Five - Enjoy social activity



Our vision is for a society committed to the prevention of dementia.

www.yourbrainmatters.org.au

Your link to valuable services

Members have access to a host of resources compiled by Trevor at the TOMNET Centre. If you are looking for information regarding services available to help you at home and to live an active and independent life, call, or visit the Centre to talk to Trevor.

“Services I can help you with include form filling, taxi subsidy questions, community transport options, identification options after surrendering your Driver’s licence, to list a few”, said Trevor.



Information packs available for Members include:

- Domestic Assistance Social Support / Meal Services
- Home Maintenance Short Stay Services
- Transport Services Equipment /Assistive Technology

Call Trevor on 4638 9080, Monday to Thursday, 8.30 a.m. to 4 p.m.

Where are the TOMNET Minstral’s playing ?

August			September		
Monday	12/08/2019	Salem	Monday	09/09/2019	BUPA
Monday	26/08/2019	Symes Thorpe	Monday	23/09/2019	Brodribb

The TOMNET Minstral’s entertain residents with singing in Nursing Homes on a weekly basis. If you are interested in helping out and can donate time on a regular basis please call Perry - 0409 074 632

A big thanks to supporters of TOMNET



at Northlands Shopping Centre



cnr Spring St and Ramsay St, Middle Ridge



Local businesses show their support to TOMNET by donating prizes and goods for our Members. **Support businesses that support TOMNET.**

What is mindfulness?

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.

Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them - without believing, for instance, that there's a "right" or "wrong" way to think or feel in a given moment. When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.



Simple Mindfulness Meditation Practice

- Find a quiet place free of distractions. Your mind will offer enough distractions of its own, so pick a place where no one will interrupt you.
- Sit comfortably in any position you desire. Upright is ideal, however you can lay down if you want to. Just make sure your position is comfortable and will not distract you.
- Start by bringing your attention to your breathing. Notice the sensation of your breath entering and exiting your nose or mouth. Notice how it feels as the air brushes through. Is it cool? Does it tingle?
- Notice the rise and fall of your chest or abdomen as the air fills and then empties your lungs. Do not force or control your breathing, simply allow it to be natural and continue to observe it.
- Watch your breathing for about 5 minutes. During this time, you will find that your mind will wander and think about all sorts of things: physical sensations, things you need to do, what happened yesterday. This is totally normal. When you notice your mind has wandered off, simply start noticing your breathing again. You may need to bring it back again and again, and this is wonderful because it means you are becoming mindful!
- The more you practice this, the less your mind will wander. Then, you'll notice you are better able to keep your focus at other times throughout the day as well!
- When you are finished your 5 minutes, you may notice an increased sense of calm.
- As you get used to this activity, you can increase the time sitting to 10, 15, or 20 minutes. What is most important is consistency. 3 minutes every day is better than an hour once a week.

Visiting teams schedule

TOMNET Volunteers visit these Aged Care facilities in July 2019.

Aged Care visits are a worthwhile opportunity to provide friendship and conversation with men living in aged care facilities.

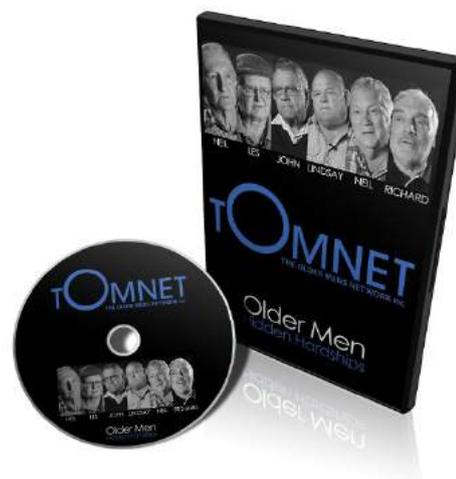
Consider donating two hours of your time each month; your visit will be appreciated.

Symes Thorpe	Friday 16th August	10.00 a.m.
Yukana	Monday 26th August	2.30 p.m.
Infin8care	Tuesday 27th August	10.00 a.m.
BUPA	Wednesday 28th August	10.00 a.m.
Lourdes Home	Thursday 29th August	11.00 a.m.
Brodribb Home	Friday 30th August	9.30 a.m.
Salem	Tuesday 3rd September	9.30 a.m. - 11.00 a.m.
Westhaven	Thursday 5th September	1.30 p.m. - 2.30 p.m.

If interested in attending these meetings contact Anthony at the TOMNET Centre on 4638 9080.



The 28 min DVD features the lives of six older blokes sharing their stories of **hardship** and **personal struggles** in an effort to **highlight** older men's issues. To order your copy of the DVD, please contact the TOMNET Centre on (07) 4638 9080.



Lifeline

Lifeline offers a **FREE** collection service on the Darling Downs as part of the "Donate It" service.

Call **1300 991 443** to arrange a pick up.
www.lifelinedarlingdowns.org.au

Need a JP ?

A qualified **Justice of the Peace** is only a phone call away.

Contact:

Alan Yorkston
East Creek

0408 750 416
4639 2755

Postal Address:
 PO Box 7801
 Toowoomba South Qld, 4350
Phone:
 07 4638 9080
Fax:
 07 4646 2489
E-Mail:
 admin@tomnet.org.au

Website:
 www.tomnet.org.au
 www.oldermenhiddenhardships.com



Do you know a mate who could be interested in The Older Mens Network?

We have a range of brochures to help you introduce your mate to TOMNET. Brochures contain relevant information about TOMNET, the challenge of retirement, what worries older men, and what to do about it.

TOMNET membership is free and open to men aged 50 years and older.

Come into the Centre to see our range, and do your bit to help a mate.



223 Hume St Toowoomba QLD 4350 | (07) 4638 9080 | admin@tomnet.org.au | www.tomnet.org.au

Major funding provided by:



Articles for the Telegraph must be received by the 3rd Monday of the month, and may be edited.

www.tomnet.org.au